



Summer 2023

Aging In NOLA

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MISSION STATEMENT

Responding to the call of the Gospel, Christopher Homes, Inc. strives to provide decent, affordable housing to vulnerable members of our community.

All who are associated with Christopher Homes, Inc. have the right to respect, dignity and a sense of well being. Therefore, through the service and commitment of our staff and volunteers, we will enable our residents to grow spiritually, socially, and intellectually, empowering them to develop their optimal potential.

Christopher Homes is a senior living ministry of the Archdiocese of New Orleans.



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NEW ORLEANS



SUMMER HEAT

The typical New Orleans heat has arrived and it is important to take precautions to avoid heat-related illnesses. Prolonged exposure to excessive heat can be detrimental to older adults, especially those with chronic medical conditions.

Here are some tips when trying to stay cool:

- Avoid direct sun exposure as much as possible. Plan any outdoor activities during the early morning or after the sun starts to set.
- Spend as much time in air-conditioned environments as possible.
- Stay hydrated by drinking plenty of cool water, clear juices and other beverages that don't contain alcohol or caffeine.
- Wear loose-fitting and light-colored clothes (which absorbs less heat) and top things off with a wide-brimmed hat.
- Use a broad spectrum sunscreen lotion or spray with sun protection factor of 15 or higher.
- Take cool showers, baths or sponge baths when you're feeling overheated. Wet washcloths applied to your wrists, ankles, armpits and necks can also provide relief.

Be aware of warning signs that could be a result of a heat-related illness. If you experience weakness, headaches, dizziness, passing out or confusion, you could be dehydrated. If drinking water or liquids with electrolytes does not make you feel better, call 911. A body temperature of 104 degrees or higher could be a sign of a more serious condition such as heat stroke or heat exhaustion. Call 911 if you experience a high body temperature and drink cool liquids while waiting for emergency professionals.

Source: Healthinaging.org

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

HURRICANE PREPAREDNESS

We continue to encourage all residents to be well prepared this hurricane season.

- ✓ Make a plan
- ✓ Gather supplies and important medical information and papers
- ✓ Keep a list of emergency contacts on hand
- ✓ Make an evacuation kit
- ✓ Sign up for government alerts
- ✓ Remain alert for property notifications through the One Call alert system



St. Bernard Manor residents participated in their parish's mock evacuation drill. Residents were assigned individual roles that presented officials with various scenarios that may likely arise during an evacuation. We thank St. Bernard Parish for including us in this drill each year.



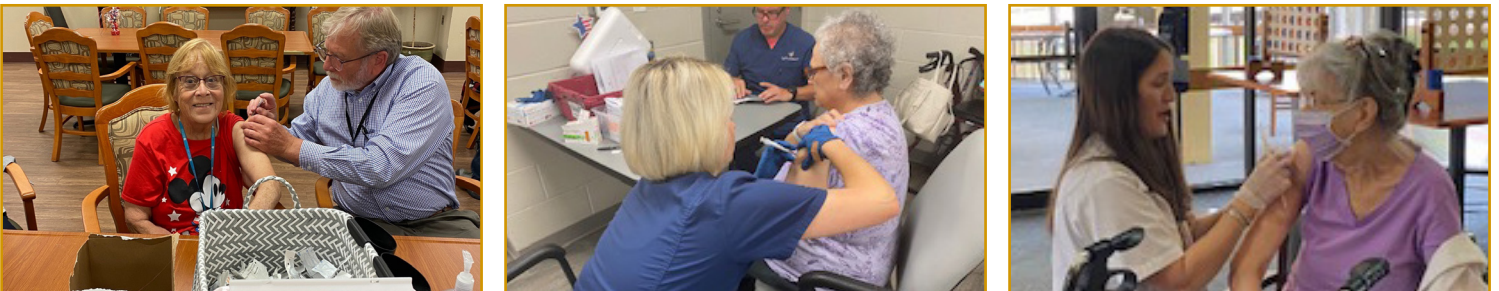
HURRICANE PREPAREDNESS CONTINUED

Monthly meetings have been underway to discuss the necessary preparations all residents should take during hurricane season. Thank you to all who have attended the meetings so far and we encourage participation in all upcoming meetings.



COVID VACCINE CLINICS

Christopher Homes was awarded the "We Can Do This" grant from Leading Age to provide on-site vaccines at every property. We thank those residents who participated in our June clinics!



NEW ORLEANS CULTURE

Several residents enjoyed the sights, sounds and music of Jazz Fest thanks to the complimentary tickets provided by the New Orleans Jazz & Heritage Foundation.



SPRING FLINGS



YOUTH VISITS

Girl Scout Troop #40345 visits the residents of Christopher Inn every year. The students enjoy coordinating activities and snacks for the residents.



Wynhoven residents were blessed to celebrate Mass with students from Archbishop Shaw and the Academy of Our Lady. After Mass, the students distributed cards to the residents and spent time visiting.

SENIOR EXPOS

Our staff attended the recent New Orleans Council on Aging's Senior Fest and Jefferson Parish's Senior Expo. They delighted in meeting with potential residents and bringing awareness of what Christopher Homes has to offer. Our Service Coordinators and Activity Coordinators attend the events to network with community partners who can offer various services to our residents.



STAFF SPOTLIGHT



Recently, three HUD executives conducted site visits and management reviews at Delille Inn and Rouquette Lodge. Due to the great work of our employees, our property conditions and efforts exceeded the evaluators' expectations. We are truly blessed to have a staff that is committed to service! Pictured are HUD Executives Bennie Bunkley, "TJ" Tijuana Bragg, Vincent McClure, and Community Manager, Liz Doran.

ACTIVE SHOOTER DRILLS

Christopher Homes staff participated in an active shooter training sponsored by AARP. The training provided our team with information that can be used in planning for various emergency situations.



AROUND THE PROPERTIES



Mater Dolorosa residents had their first exercise class recently.



Rouquette Lodge showed appreciation for their volunteers with a luncheon. Thank you for sharing your time to help our staff and your fellow residents!



The Wynhoven "Lunch Bunch" is enjoying their trips to different local restaurants!



Metairie Manor residents enjoyed a crawfish boil while the mudbugs were still in season!

FROM THE DEACON'S DESK

In our Catholic tradition, we know the parents of the Blessed Mother to be Sts. Joachim and Anne. Little is known of them but we can be certain that they were dedicated and blessed parents of their daughter, Mary and as such grandparents of our Lord. We honor them as role models for parents and grandparents as we try to emulate them for their devotion to God and Our Lady, Mary, Mother of God.



As parents and grandparents, one of the greatest gifts we can bestow on our children and grandchildren is to leave them with family traditions. Family traditions can be developed from any aspect of family life, such as, meals, holidays, or vacations. Our family has several traditions that we have developed over the years and handed down from one generation to the next. One of the most beloved was "the Cottage" and annual vacations to the Florida Gulf Coast.

Our Aunt Genie was my maternal grandmother's sister-in-law. She lived in Pensacola and was widowed, as was my grandmother. Aunt Genie was a wonderfully loving and strong Italian lady and though she had no children of her own she loved and was loved by many nieces and nephews for three or four generations. After her husband died she built a cottage on the Gulf side of Santa Rosa Island across the bay from Pensacola.

It was but a small two bedroom, one bath, concrete block building. There was no air conditioners but the living area had a ceiling fan. It was cramped and hot in the summer but oh, how we loved it.

Aunt Genie never rented the Cottage but made it available for her family members one week at a time. We have great memories of our family's weeks there enjoying the beach, crab boils, Gulf breezes at night, and card games of Canasta with our grandmother, Aunt Genie, and her sisters, Jina and Juliette. Those sweet Italian ladies would come close to drawing blood when you beat them at their card game.

In 1995, Hurricane Opal destroyed the Cottage. Aunt Genie rebuilt a beautiful two story, three bedroom, two bath, air-conditioned house. It is more comfortable but...it's not the same. We have all said many times how we miss the Cottage.

In the past years we have lost our grandmother, Aunt Genie, and her sisters. But despite the loss of loved ones, the winds of Opal, and the passing of time, our memories and traditions remain.

The greatest thing Aunt Genie did for her extended family was not in making the Cottage available for us for all those years but it was giving us the opportunity to create a wonderful tradition for our children and grandchildren. That is what we are all called to do for the generations following us.

Sts. Joachim and Anne pray for us.

A handwritten signature in black ink, appearing to read "DFA".

Deacon Dennis F. Adams
Executive Director, Christopher Homes

